



# Army Community Service

## Calendar of Classes and Events

January – February – March 2006

### RELOCATION ASSISTANCE PROGRAM

Pre-move/Overseas Briefing	Weekly on Fridays	0900-1000	Education Center, Fort Eustis Call 878-3638 for more information.
Fort Story Pre-move/Overseas Briefing	First Monday of each month	1300	Army Community Service - Ft. Story Bldg. 522 - Call 422-7311 for information
Fort Eustis Newcomer's Briefing/Information Fair	18 Jan 15 Mar	0900-1130	The Fort Eustis Club - Bldg. 2123 Call 878-0920 for more information.
Fort Story Newcomer's Briefing	Last Monday of each month	1300	First Landing Chapel Call 422-7311 for information
Sponsorship Training	7 Feb	1430-1530	ACS - Bldg 601

### EMPLOYMENT PROGRAMS

Virginia Employment Commission Orientation	Every morning, Mon-Fri	0830-0930	VEC Employment Resource Center - Bldg 601, Fort Eustis – 878-0906
Employment Readiness Program		0730-1630	ACS Classroom – Bldg 601
- Resume / Cover Letter Writing - Interviewing Skills	9 Jan, 6 Feb, 6 Mar 30 Jan, 13 Feb, 13 Mar	1000-1100 1000-1100	Call 878-3638 for more information
Fort Eustis Civilian Personnel Advisory Center	Call for Federal Employment Information	0830-1600 Mon-Fri	670 Lee Blvd. Appropriated Funds 878-3402 Nonappropriated Funds 878-2107

### FAMILY ADVOCACY PROGRAMS / PARENTING

Parent Support Program	Mon-Fri	0730-1630	For more information, call 878-0901
"Baby Bundles"	Baby Gift Bag FREE to new parents E4 and below (while supplies last)	M-F, 0730-1630	ACS - Bldg 601 Call 878-0901 for more information
Just For New Dads	Free goody bag with tips on being the best dad ever		ACS – Bldg 601
Toddler Time	Tuesdays	1000-1100	ACS Classroom - Bldg 601
Play Morning	Wednesdays	0930-1100	Youth Services – Bldg 1102
Hispanic Circle of Parents Support Group	Thursdays	0930-1200	St. George's Episcopal Church 15446 Warwick Blvd.
Potty Training Class	27 Jan	0930-1100	ACS Classroom, Bldg 601, 878-0901
Anger Management	20 Jan 17 Feb 17 Mar	1300-1400	ACS Classroom – Bldg 601 Call Vanessa Williams for more info, 878-0901
Stress Management	10 Jan, 14 Feb, 14 Mar	1130-1230	ACS Classroom – Bldg 601 Call Vanessa Williams for more info, 878-0901
Healthy Communication	16 Jan, 20 Feb, 20 Mar	1130-1230	ACS Classroom – Bldg 601 Call Vanessa Williams for more info, 878-0901
Infant Massage Class (Limited space available)	6 Jan, 3 Feb, 3 Mar	1000-1100	ACS Classroom - Bldg. 601, 878-0901 (Registration required)
Positive Parenting Without Shouting, Shaking and Spanking	5 Jan, 2 Feb, 2 Mar	0900-1015	ACS Classroom – Bldg 601 Call Vanessa Williams for more info, 878-0901
Preventing Professional Burn-out	26 Jan, 23 Feb, 23 Mar	1300-1400	ACS Classroom – Bldg 601 Call Vanessa Williams for more info, 878-0901
Ready, Set, Baby Designed for expectant and new parents.	March (time and date to be Determined)		Call 878-0901 for more information
The Happiest Toddler on the Block	27 Feb	0930-1100	ACS Classroom – Bldg 601
ABC Story Time at Groninger Library	27 Mar	1000	Groninger Library, Fort Eustis Call 878-0901 for more information
- Marital Counseling and Support - Couples Preparation and Marriage Workshop	Call for dates/times		Call the Family Life Chaplain, 878-5808 for more information

### FAMILY SERVICES PROGRAMS

"Operation Ready" / FRG Leader Training	Varies	Day or Evening	Please call ACS, 878-5377 to schedule training for your groups. (Military/Family Mbrs)
- Family Readiness Training – <u>Ft Eustis</u>	10 Jan 7 Mar	1800-2100 1300-1600	Army Community Service – Bldg 601
- Family Readiness Training – <u>Ft Story</u>	23 Jan and 27 Mar	0900-1130	Fort Story First Landing Chapel
- Family Care Plan and Operation Ready Training – <u>Ft Eustis</u>	7 Feb	1300-1530	Army Community Service – Bldg 601
- Family Care Plan and Operation Ready Training – <u>Ft Story</u>	27 Feb	0900-1100	Fort Story First Landing Chapel
Fort Eustis Installation Family Readiness Meeting	4 Jan 1 Feb 1 Mar	1300	Army Community Service – Bldg 601
Soldier and Family Deployment Workshop	12 Jan 9 Feb 9 Mar	1400-1600	AFTB Classroom, Bldg 601 Please register with Anastasia Kakel, 878-5377

#### CONSUMER AFFAIRS/FINANCIAL PLANNING

Financial Budgeting Class	3, 17 and 31 Jan 14 and 28 Feb 14 and 28 Mar	0800	Army Community Service – Bldg 601
Checkbook Management Class	5 and 19 Jan 2 and 16 Feb 2, 16 and 30 Mar	1400	Army Community Service – Bldg 601
Financial Readiness Training	12 Jan 9 Feb 9 Mar	1715	Army Community Service – Bldg 601 (Call 878-3638 for more info.
Understanding Car Buying	18 Jan	1715-1830	Army Community Service – Bldg 601
Understanding Credit Reports	24 Jan	1715-1830	Army Community Service – Bldg 601
Home Buying Seminar	15 or 22 Feb ( <i>tentative date</i> )	1630-1930	Army Community Service – Bldg 601
Budgeting for Baby	11 Jan ( <i>tentative date</i> )	0900-1100	Army Community Service – Bldg 601
Financial Planning for the Holidays	25 Jan, 22 Feb, 29 Mar	0900-1030	Army Community Service – Bldg 601
Deployment Workshop	12 Jan, 9 Feb, 9 Mar	1515-1615	Call for location, 878-3638
<b>FORT STORY</b> First Termers' Money Management Training	CALL 422-7311 FOR DATES AND TIMES		Fort Story Army Community Service Bldg. 522 Call 422-7311 for more information

#### ARMY FAMILY TEAM BUILDING

<u><b>Fort Eustis</b></u> See insert for listing of classes being offered.  <u><b>Fort Story</b></u>  Classes offered upon request. Call 878-0912  Register to take classes on line at <a href="http://www.aftb.org">www.aftb.org</a>			AFTB is an educational program designed to help the Total Army Family "Learn, Grow and Lead". We offer three levels of classes, from benefits, entitlements and compensation to crisis and coping to developing presentations and conducting workshops. Classes are free and open to everyone. Starting 7 Feb 06, every Tues, classes are held from 0900-1300 in the AFTB classroom, Bldg 601. Complete all three levels by attending every week for the 12 weeks or pick and choose the ones that appeal to you most. Evening and weekend classes are available by request and concept blocks are also available. Soldiers receive promotion points for each level completed. Spouses can use training on resumes. Child care is provided. For more information or to register for classes, contact Lori VanWychen at 878-0912 or <a href="mailto:lori.vanwychen@eustis.army.mil">lori.vanwychen@eustis.army.mil</a>
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For a brief description of classes please see next page.



### Family Subsistence Supplemental Allowance (FSSA) Program

Program to increase the Service Member's Basic Allowance for Subsistence (BAS) and to remove them from the Food Stamp Program. Eligibility is based on household size and total income (military and household). Army Community Service will pre-screen soldiers to determine eligibility, assist soldiers in completing application and estimate the amount of FSSA. For more information, please contact Marcella Moody or Karoline Garcia, 878-3638. Fort Story point of contact is Ms Atol, 422-7311.